



DEPARTMENT OF THE ARMY
COMPANY C, 123D AVIATION
BLDG # 2079 MONTGOMERY ROAD
FORT WAINWRIGHT AK 99703-8300

APVR-WAB-AV-CO

20 November 2006

MEMORANDUM FOR Soldiers Assigned/Attached to Company C, 123d Aviation

SUBJECT: Policy Letter #12 (Physical Training)

1. General. Physical training is the most important training that we do on a routine, daily basis. A rigorous, organized, daily PT program pays dividends by increasing Soldiers' physical stamina and mental alertness, as well as by providing an outlet for stress. All of these benefits are essential for mission accomplishment, as well as personal well-being. Scheduled PT time will be not be used to accomplish other missions.

2. Schedule. As a rule, company PT will adhere to the following schedule:

- a. Monday – Platoon PT
- b. Tuesday – Platoon PT
- c. Wednesday – Platoon PT
- d. Thursday – Platoon PT
- e. Friday – Company PT

3. Platoon PT Schedules. Platoon PT schedules will be completed and turned into training for approval NLT week T-3. Platoon Leaders and Platoon Sergeants are encouraged to set goals for the platoon and develop training plans designed to achieve those goals.

4. Profile PT.

a. Profile PT will be conducted during normal PT hours and in the same uniform as the company. The 1SG will have all temporary profiles fall out prior to the start of PT. An NCO designated by the 1SG will then conduct company profile PT. Soldiers will conduct PT IAW the constraints of their medical profiles. Profile PT will consist of normal exercises and runs and will make use of the gym and pool as necessary.

b. All Soldiers should discourage malingering but must also be aware that Soldiers with legitimate illnesses and injuries should not be reprimanded in any shape, form, or fashion. Additionally, all leaders should pay special attention to easing Soldiers returning from profile back into the regular PT session. Further aggravating existing injuries or causing a recurrence of the previous injury does nothing to improve the combat readiness of the company and may result in a permanent loss to our overall combat strength. Soldiers whom the chain of command feels are malingering or riding a profile must be counseled and considered by the chain of command for initiation of medical boards when necessary IAW Army regulations.

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5. Remedial PT. Soldiers who fail a record PT test or who are overweight will attend remedial PT. This PT session is scheduled for 1600 Monday through Thursday, attendance is mandatory for all assigned Soldiers. Soldier will remain in the program until they pass a record PT tests or pass the tape test and the Soldier's chain of command recommends they be removed from the program.

6. Company Goals and Incentives Program. Every Soldier should have personal fitness goals and should attempt to meet the company goal of 265 points on the APFT. To encourage strong performance and to provide incentive for soldiers to strive for excellence, individual PT, and three and four day passes will be awarded according to the following criteria (one of the following can be earned per person in a 6 month period):

- (a) Score of 300 or more - A four-day pass will be awarded and authorized to conduct PT on their own Monday through Thursday.
- (b) Score of 270 to 299 - A three-day pass will be awarded and authorized to conduct PT on their own on Tuesday and Wednesday.

7. The point of contact for this memorandum is the undersigned at 353-1276.

JAMES E. TULLY
CPT, AV
Commanding